

**HUBUNGAN PEMILIHAN MAKANAN OLEH ORANG TUA DENGAN
PERILAKU *PICKY EATING* BALITA DI KECAMATAN PENGASIH
KABUPATEN KULON PROGO**

INTISARI

Latar belakang: Perilaku *picky eating* adalah salah satu masalah dalam perilaku makan anak. Perilaku *picky eating* paling banyak dialami pada masa balita. Pada masa balita, pemilihan makanan anak sangat bergantung pada pilihan makanan oleh orang tua. Orang tua termotivasi dengan apa yang dibutuhkan anaknya dan menginginkan si anak mendapatkan makanan yang sehat dan bernutrisi. Salah satu faktor pengaruh perilaku *picky eating* adalah bagaimana pemilihan makanan oleh orang tua kepada anaknya.

Tujuan Penelitian: Untuk mengetahui hubungan antara pemilihan makanan oleh orang tua dengan perilaku *picky eating* balita

Metode: Penelitian *cross-sectional* dengan metode kuantitatif yang dilaksanakan Oktober-Desember 2019 dengan jumlah sampel 94 ibu yang mempunyai balita di Desa Karang Sari, Kecamatan Pengasih, Kulon Progo. Pengukuran data menggunakan *Child Eating Behaviour Questionnaire* dan *Food Choice Questionnaire*. Analisis data bivariat menggunakan uji *T-Test Unpaired*.

Hasil: Balita yang mempunyai perilaku *picky eating* sebanyak 47 balita (50%) dan pemilihan makanan oleh orang tua dengan alasan kesehatan sebanyak 86 responden (91,4%) dan alasan non-kesehatan sebanyak 8 responden (8,6%). Terdapat perbedaan yang signifikan antara perilaku *picky eating* dengan usia ibu ($p=0,005$) dan riwayat pendidikan terakhir ibu ($p<0,001$), tetapi tidak terdapat perbedaan signifikan dengan pemilihan makanan oleh orang tua, penghasilan keluarga, dan riwayat ASI eksklusif.

Kesimpulan: Tidak terdapat perbedaan signifikan dari perilaku *picky eating* antara pemilihan makanan oleh orang tua dengan alasan kesehatan dan non kesehatan, tetapi terdapat perbedaan yang signifikan antara perilaku *picky eating* balita dengan usia ibu dan riwayat pendidikan terakhir ibu.

Kata kunci: balita, pemilihan makanan oleh orang tua, perilaku *picky eating*, perilaku makan anak

**RELATIONSHIP BETWEEN FOOD SELECTION BY PARENTS WITH PICKY
EATING 1-5 YEARS OLD CHILDREN BEHAVIOR IN KECAMATAN
PENGASIHAN KABUPATEN KULONPROGO**

ABSTRACT

Background: Picky eating behavior is one of the problems in children's eating behavior. Behavior of picky eating is mostly experienced during 1-5 years old. Children in age 1-5 years old are very dependent when it comes into food selection because they eat what their parents choose. Parents are motivated by what their children need and want them to get healthy and nutritious food. One factor that influences picky eating behavior is parents' food selection for their children.

Research Objective: To find out the relationship between food selection by parents with picky eating 1-5 years old children behavior.

Method: A quantitative, cross-sectional research was conducted in October-December 2019 with a sample of 94 mothers with children under five in Desa Karang Sari, Kecamatan Pengasih, Kulon Progo. Child Eating Behaviour Questionnaire and Food Choice Questionnaire were used to measure the data. Unpaired T-test was used to analyze the data.

Result: Children in age 1-5 years old who have picky eating behavior are 47 children (50%) and food selection by parents for health reason were 86 respondents (91.4%) and non-health reasons were 8 respondents (8.6%). There was a significant difference between picky eating behavior and maternal age ($p=0.005$) and maternal recent education history ($p<0.001$), but there were no significant differences with parents' food selection, family income, children age, and history of exclusive breastfeeding.

Conclusion: There was no significant difference in picky eating behavior between parents' food selection for health and non-health reasons, but there was a significant difference between picky eating behavior of 1-5 years old children with mother's age and mother's recent education history,

Keywords: 1-5 years old children, parents' food selection, picky eating behavior, children eating behavior